

The logo for Diamond Nine Athletics Lab is centered on a black rectangular background. The word "DIAMOND" is written in a large, bold, white, italicized sans-serif font. Below it, the word "NINE" is written in a similar font but with a more pronounced slant. Underneath "NINE", the words "Athletics Lab" are written in a smaller, white, italicized sans-serif font.

**DIAMOND
NINE**
Athletics Lab

College Summer Pitcher Development Program

Data-Driven Training • Weekly Live Competition • Professional Development Environment

Austin, Texas | Summer Training Program

Program Overview

The Diamond Nine College Summer Pitcher Development Program is a comprehensive, high-level training system designed specifically for college pitchers returning home for the summer months. The program integrates objective data tracking, biomechanics-informed coaching, structured throwing plans, and weekly competitive live at bats to ensure meaningful development while prioritizing arm health and long-term durability.

Program Philosophy

- Every throw is tracked, intentional, and reviewed.
- Development is driven by feedback from real competition.
- Movement quality and positional access are prerequisites for performance.
- Velocity and intent are trained responsibly with long-term durability in mind.

Who This Program Is Designed For

- College pitchers (JUCO, NAIA, NCAA D1–D3) home for the summer.
- Pitchers seeking structured, intentional development rather than generic workouts.
- Athletes preparing for fall competition and roster evaluation.

Weekly Training Structure

Day	Primary Focus	Key Components
Monday	Film, Bullpen & Velocity	Film breakdown from Friday live at bats; Rapsodo-tracked bullpen sessions; individualized weighted ball training; extensive arm care and recovery protocols
Wednesday	Mobility & Rotational Strength	Pitcher-specific mobility for hips, thoracic spine, and shoulders; rotational and anti-rotational core strength training; movement pattern reinforcement to access efficient throwing positions
Friday	Live At Bats & Competition	Weekly live at bats versus varsity and college hitters; managed pitch counts; all reps recorded for performance feedback and recruiting media

Monday – Film, Bullpen & Velocity Development

Monday sessions focus on applying objective feedback from the previous Friday’s live at bats. Pitchers review video and data trends before executing targeted bullpen work designed to improve pitch quality, consistency, and intent.

Wednesday – Mobility & Rotational Strength Day

Wednesday is dedicated to developing the movement capacity required to throw efficiently and repeatedly. All mobility and strength work is designed specifically for rotational throwing athletes.

Friday – Live At Bats & Competition

Friday sessions provide weekly competitive exposure against real hitters in a controlled environment. All live at bats are recorded and used to guide the following week’s training cycle.

Program Pricing

- **Full Summer Commitment:** \$1,100 total (8–10 weeks)
- **Month-to-Month Option:** \$500 per month

The full summer option is designed for pitchers committed to consistent development and guarantees their spot for the duration of the summer training period.

Frequently Asked Questions

Who is this program for?

College pitchers home for the summer who want structured development, real competition, and objective feedback.

Is this a showcase or summer league?

No. This is a development-focused training program, not a showcase or league.

How often do pitchers throw?

Pitchers train three structured days per week with built-in workload management.

Is Rapsodo used every session?

Yes. Rapsodo pitch tracking is used every time a pitcher throws.

Are live at bats included?

Yes. Live at bats are a core component of the program and take place every Friday.

Is this safe for arms?

Yes. Workloads are monitored and paired with mobility, recovery, and arm care protocols.